

	Now:	In 6 months:	In 1 year:
Total Cholesterol <i>Healthy: less than 200</i> <i>At risk: 201-239</i> <i>High risk: 240 and above</i>			
LDL (lousy) Cholesterol <i>Healthy: less than 100</i> <i>At risk: 101-159</i> <i>High risk: 160 and above</i>			
HDL (healthy) Cholesterol <i>Healthy: 60 or higher</i> <i>At risk: Women: 51-59</i> <i>Men: 41-59</i> <i>High risk: Women: 50 or less</i> <i>Men: 40 or less</i>			
Triglycerides <i>Healthy: less than 150</i> <i>At risk: 151-199</i> <i>High risk: 200 and above</i>			
Fasting Blood Sugar <i>Healthy: less than 100</i> <i>At risk: 101-125</i> <i>High risk: 126 and above</i>			
Blood Pressure – Systolic (top) <i>Healthy: less than 120</i> <i>At risk: 121-139</i> <i>High risk: 140 or higher</i>			
Blood Pressure – Diastolic (bottom) <i>Healthy: less than 80</i> <i>At risk: 81-89</i> <i>High risk: 90 or higher</i>			
Weight			
Body Mass Index <i>Healthy: 19-24</i> <i>At risk: 25-29</i> <i>High risk: 30 or higher</i>			
Waist Circumference <i>Healthy: women < 35"; men < 40"</i> <i>High risk: women ≥ 35"; men ≥ 40"</i>			
Stress <i>List issues affecting your life</i>			